

If your child is exposed to COVID-19

Updated 1/14/2022

Your child should wear a [well-fitting mask](#) around other people, including at school and during extracurricular activities, for 10 days after they are exposed to someone with COVID-19. This helps keep others safe. A [high-quality mask](#) like a KN95 may provide more protection for other people who will be exposed to your child.

Your child doesn't need to quarantine at home if he or she tested positive for COVID-19 in the last 90 days (about 3 months). Your child also doesn't need to quarantine at home if he or she is [up-to-date with his or her COVID-19 vaccinations](#). **Children ages 5-17 are considered up-to-date if they've had 2 doses of the Pfizer COVID-19 vaccine.** This is different for adults ages 18 and older who must have a booster dose to be up-to-date with their COVID-19 vaccinations.

Your child needs to quarantine at home for 5 days if:

- He or she is unvaccinated.
- He or she is not up-to-date with his or her COVID-19 vaccinations.
- It's been more than 90 days since he or she tested positive for COVID-19 and are not up-to-date with his or her vaccinations.



While not required, we recommend your child get tested after their exposure. Wait 5 days after the exposure to get your child tested. This lets enough of the virus build up to be detected by the tests. Your child may need to get tested more than one time, depending on the type of test and if he or she had symptoms at that time.

Some people can test positive after they have COVID-19 even though they are no longer infectious to other people. Do not get tested after an exposure if it's been **less than 90 days** (about 3 months) since you first tested positive for COVID-19, as long as you don't have new or worsening symptoms. However, if you have new or worsening symptoms or it's been **more than 90 days** since you tested positive, you should get tested again.

Keep your child home if he or she is sick, you can't find testing, or choose not to have your child tested, even if his or her [symptoms](#) are mild. Your child must stay at home and follow [isolation](#) guidelines if he or she tests positive, even if he or she has been vaccinated or has had COVID-19 before.

Symptoms of COVID-19



Fever

(temperature of 100.4°F or 38°C or higher or feeling feverish)



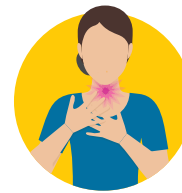
Cough



Shortness of breath



Decrease in sense of smell or taste



Sore throat



Muscle aches and pains